

## Enrichment

**Basics of Defense****55 yrs + / 4 wks starting Apr 5 / \$36**

Being a thoughtful defender serves you well throughout your bridge career. Learn about opening leads, third hand and second hand play and signaling basics. Lesson, handout and prepared hands. Registration: 410-313-7275. Info: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov.

**RP3516.301    Kiwanis-Wallas Hall    9:30-11:30 AM    F****Supervised Play (Bridge)****55 yrs + / 4 wks starting Apr 5 / \$36**

Practice your bridge bidding and play with hands-on supervisor instruction. Mini lesson then shuffle, deal and play. Come as a single, with a partner or as a table of four. Registration: 410-313-7275.

Info: Cathy Vigus, 410-313-7311 or cvigus@howardcountymd.gov

**RP3518.301    Kiwanis-Wallas Hall    12:30-2:30 PM    F****Senior Adult Summer Institute****18 yrs + / Dates below / \$18, 18-59 yrs; \$15, 60 yrs +**

Join a day of "learning for the love of it" on the Howard Community College campus. Focus on a single topic in the humanities and the arts, featuring such topics as archaeology, art and culture, literature and history. Pick up a registration packet at the Bain Center or Recreation and Parks Headquarters after April 19. This is co-sponsored with Howard Community College.

Info: 410-313-7311.

**Howard Community College**

<b>RP3501.301</b>	<b>May 28</b>	<b>9:30 AM-3:30 PM</b>	<b>Tu</b>
<b>RP3501.302</b>	<b>May 29</b>	<b>9:30 AM-3:30 PM</b>	<b>W</b>
<b>RP3501.303</b>	<b>May 30</b>	<b>9:30 AM-3:30 PM</b>	<b>Th</b>
<b>RP3501.304</b>	<b>May 31</b>	<b>9:30 AM-3:30 PM</b>	<b>F</b>

## Fitness &amp; Sports

See next column (Fitness) and page 71 (Sports).

## Therapeutic Recreation

See page 31.

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## Fitness

## Youth (8-14 yrs)

See "Fitness" in Sports (page 81).

## Aerobics &amp; Conditioning (18 yrs +)



- Classes are for 18 years and up.
- Participants 12-17 years old may register, but must be accompanied by a participating parent/guardian.
- Classes are listed in alphabetical order.

**Aero Fitness plus Toning  
with Janice Thornton****8 classes starting Apr 10 / \$28**

Enjoy 30 minutes of high/low aerobics and 30 minutes of toning in this fun and energetic class. Bring mat and hand weights.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8424.301    Bonnie Branch MS    7-8 PM    W****Aero Fitness with Jodie Kable, ACE****16 classes starting Apr 8 / \$71**

Men and women at all fitness levels can benefit from this low-impact total-body workout designed to improve cardiovascular fitness and tone and strengthen all major muscle groups. Bring a mat and hand weights.

Instructor is nationally certified.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8420.301    Burleigh Manor MS    7:30-8:30 PM    M & W****AM Fitness Workout  
with Vickie Jacobs, AFAA, AAI****16 classes, start dates below / \$64**

This fun cardio class combines a great mix of strength, balance and flexibility using Keiser weight training equipment. Perfect for all fitness levels! Fitness waiver must be completed prior to exercising.

Registration: 410-313-7275. Info/Medical clearance form: Nicola Morgal, 410-313-4718 or 410-313-2764.

<b>RP8669.301</b>	<b>Roger Carter Rec Ctr</b>	<b>Apr 9</b>	<b>8-9 AM</b>	<b>Tu &amp; Th</b>
<b>RP8669.401</b>	<b>Roger Carter Comm Ctr</b>	<b>Jun 18</b>	<b>8-9 AM</b>	<b>Tu &amp; Th</b>

## Aqua Aerobics with Judi Hutton

16 yrs + / 12 classes starting Jun 17 / \$50

This is the way to exercise! Walk into our refreshing beach entry pool for a cool, non-impact workout. Registration: 410-313-7275.

Info: Nicola Morgal, 410-313-4718.

**RP8611.401 Roger Carter Comm Ctr 10:30-11:30 AM M & W**

## Barre Burn

8 classes, start dates below / \$72

Combine ballet movements with floor work and fitness exercises for a full workout. Sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4- to 5-lb. weights. Mats are provided but you are encouraged to bring your own. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

### Kinetics Dance Theatre

#### Melissa Nibali

**RP8282.301 Apr 8 9-10 AM M**

**RP8282.303 Apr 10 9-10 AM W**

**RP8282.401 Jun 17 7:30-8:30 PM M**

#### Rebecca Buller

**RP8282.302 Apr 9 6:30-7:30 PM Tu**

## Exercise Bag Extreme with Robin Robinson, AFAA

8 classes, start dates below / \$67

More intense than Cardio Kickboxing but less choreographed! This high-energy, total-body workout combines martial arts based moves with kicks, punches and sculpting combinations. Tighten and tone your entire body while punching away stress using the body bag. Take your fitness routine to the next level with *Body Bag Extreme*! Freestanding punching bags are used. Please bring gloves or wraps.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8552.301 N Laurel Comm Ctr Apr 8 7:35-8:35 PM M**

**RP8552.401 N Laurel Comm Ctr Jun 17 7:35-8:35 PM M**

## Body Conditioning with Cyndi Kummerlowe, AFAA

16 classes, start dates below / \$47

Stretch, strengthen and tone your body! This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2- to 5-lb. hand weights.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8220.301 Rockburn ES Apr 9 7:05-8 PM Tu & Th**

**RP8220.401 Roger Carter Comm Ctr Jun 18 7:05-8 PM Tu & Th**

## Boot Camp Extreme with Robin Robinson, AFAA

4 classes, start dates below / \$39

This outdoor group exercise class mixes traditional calisthenics and body-weight exercises with interval and strength training. Includes running sprints, squats, lunges, doing push-ups and plyometrics, interval training and relay races. Many exercises are done with partners or teams to encourage competition. You sweat tons (guaranteed) but laugh more. We Work Hard, We Play Hard.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8553.301 N Laurel Comm Ctr Apr 13 8-9 AM Sa**

**RP8553.401 N Laurel Comm Ctr Jun 22 8-9 AM Sa**

## "Build Your Engine" Strength Training with Christy Edwards, ACE Personal Trainer

16 classes starting Apr 8 / \$51

Build your muscles that burn the fuel! When we hit our 30s, our metabolism slows down. But you can speed it back up with strength training. With resistance training, you change your body composition, feel stronger and healthier and look great! This class challenges and strengthens every muscle group in your body to achieve balance, renewed energy, increased metabolism and an empowering feeling of confidence. Bring a mat and hand weights.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**RP8506.301 Thunder Hill ES 7-8 PM M & W**

## Cardio Blast with Beth Harbinson

8 or 16 classes, start dates and prices below

This highly effective class includes a 25-minute cardiovascular workout and 30 minutes of muscle conditioning using weights, stretching and Pilates core conditioning. This class provides men and women of all levels an intense, energetic workout!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

**16 classes / \$56**

**RP8422.301 Veterans ES Apr 10 7-8 PM M & W**

**8 classes / \$28**

**RP8422.401 Meadowbrook Ath Comp Jun 24 7-8 PM M & W**

## Cardio Crunch Challenge with Lori Nowicki, AAAI, AFPA, ZUMBA

8, 12 or 16 classes, start dates and prices below

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, Zumba and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance training. Experience a high-energy class at high or low impact, take the challenge and have fun! Bring mat and hand weights. Steps and resistance bands provided.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

### Cedar Lane Rec Ctr

**8 classes / 1 day per wk / \$40**

**RP8481.301 Apr 8 9:30-10:45 AM M or W**

**16 classes / 2 days per wk / \$71**

**RP8481.302 Apr 8 9:30-10:45 AM M & W**

**12 classes / 2 days per wk / \$54**

**RP8481.401 Jun 17 9:30-10:45 AM M & W**

## Cardio Fusion with Marianne Larkin, AAAI

8, 12 or 16 classes, start dates and prices below

Combine your favorite cardio and toning formats in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your level. Pump up your workouts and burn fat with a mix of everything from step, high/low and boot camp to core strength, balance and agility exercises inspired by yoga and Pilates. Bring a mat and hand weights. Steps and bands provided. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

### Gary J Arthur Comm Ctr

**8 classes / 1 day per wk / \$40**

**RP8482.301 Apr 8 9:35-10:50 AM M or W**

**16 classes / 2 days per wk / \$71**

**RP8482.302 Apr 8 9:35-10:50 AM M & W**

**12 classes / 2 days per wk / \$54**

**RP8482.401 Jun 17 9:35-10:50 AM M & W**

## Cardio Kickboxing with Robin Robinson, AFAA

### 8 or 16 classes, start dates and prices below

Exercise has never been so much fun! Cardio Kickboxing is a calorie-burning, dance-party exercise routine that combines kickboxing, aerobics and dance with great music. Get in shape and have fun doing it!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

#### N Laurel Comm Ctr

#### 8 classes / 1 day per wk / \$36

RP8550.301 Apr 9 6:30-7:30 PM Tu or Th

RP8550.401 Jun 18 6:30-7:30 PM Tu or Th

#### 16 classes / 2 days per wk / \$60

RP8550.302 Apr 9 6:30-7:30 PM Tu & Th

RP8550.402 Jun 18 6:30-7:30 PM Tu & Th

## Cardio Sculpt

### 16 classes, start dates in next column / \$59

Warm up, cool down and experience a fun, all-over body workout in this new combination class that includes a cardiovascular dance aerobic workout and toning exercises choreographed to music. This program is for everyone who wants to get in shape and have fun doing it! Bring a mat and hand weights. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8290.301 Stevens Forest ES Apr 8 7-8 PM M & W

RP8290.401 Cedar Lane Rec Ctr Jun 17 7-8 PM M & W

## Cardio X-Training with Jodie Kable, ACE

### 16 classes starting Apr 9 / \$71

Burn maximum calories in this high-energy class! The format changes every two weeks to challenge your body with kickboxing, plyometrics, interval training, toning and Pilates. This class is for all fitness levels. Instructor is AAAI/ISMA and personal trainer certified. Bring a mat, hand weights and lots of energy!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8450.301 Folly Quarter MS 7-8 PM Tu & Th

## Circuit Weight Training with Judi Hutton, AFAA

### 16 classes, start dates below / \$87

A super-fun workout for the active adult designed to train multiple muscle groups using our Keiser equipment. Get a total-body workout, including fat-burning cardio intervals. Each class finale includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

#### Roger Carter Comm Ctr

RP8660.301 Apr 8 9:15-10:15 AM M & W

RP8660.401 Jun 17 9:15-10:15 AM M & W

## Dance Fitness to the Oldies

### 8 classes starting Apr 12 / \$72

Work out to your favorite music of the 60s, 70s and 80s, when it was recorded on vinyl! Combine your favorite dance steps with dance aerobics to make you feel great! Wear comfortable clothes and tennis shoes; bring a towel and water bottle. No experience required!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8400.301 Kinetics Dance Theatre 9:30-10:30 AM F

## Fit Jam: Cardio Party with Liz Rolland

### 5 or 8 classes, start dates and prices below

Think all workouts are boring? Think again! Join this cardio party and dance the night away to the hottest hits from around the globe. Learn the basic steps from salsa, cumbia, hip hop and MANY more dance styles. Simple choreography is very easy to learn, no experience necessary! Bring a friend and have a BLAST while burning TONS of calories! Get ready to be gorgeous! Bring a towel and water bottle.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

#### Gary J Arthur Comm Ctr

#### 8 classes / \$80

RP8350.301 Apr 8 5:45-6:45 PM M

RP8350.302 Apr 10 7-8 PM W

#### 5 classes / \$50

RP8350.401 Jun 17 5:45-6:45 PM M

RP8350.402 Jun 19 7-8 PM W

#### 5 classes / \$50 / Roger Carter Comm Ctr

~~RP8350.411 Jun 17 9:15-10:15 AM M~~

## Fit Jam: Fire and Spice!

### 5 or 8 classes, start dates and prices below

Think all workouts are boring? Think again! Spice up your workout with this unique blend of Pilates matwork, cardio dance fitness and yoga stretches set to the hottest music from around the globe. Incinerate mega calories while toning and tightening all those problem zones. Learn the basic moves first, then challenge your workout more with light weights, stability balls and bands (provided). Bring a thick yoga mat and a water bottle. This workout is HOT STUFF! Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

#### 8 classes / \$80

RP8351.301 Mt. View MS Apr 10 9:15-10:15 AM W

RP8351.302 Gary J Arthur Comm Ctr Apr 12 9:35-10:35 AM F

#### 5 classes / \$50

RP8351.401 Gary J Arthur Comm Ctr Jun 21 9:35-10:35 AM F

RP8351.411 Roger Carter Comm Ctr Jun 17 9:15-10:15 AM M

## La Canne (French Cane Fighting)

### with Steve Savoie

#### 8 classes, start dates below / \$45

Get a great workout while learning the unique French sport of Canne De Combat (French stick fighting). Participants focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. Once you try it, you'll love it! No experience required. Sticks provided. Shin guards recommended.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8505.301 Cedar Lane Rec Ctr Apr 11 8:15-9:15 PM Th

RP8505.401 Cedar Lane Rec Ctr Jun 20 8-9 PM Th

## Savate Kick-Boxing (Station Workout)

### with Steve Savoie

#### 8 classes starting Apr 11 / \$45

Get a high-energy, high-impact fun workout in the martial art and sport of Boxe Francaise Savate (French Kickboxing)! Participants practice various offensive and defensive drills using footwork, movement and a variety of kicking and/or punch combinations. Class is conducted in a station workout theme. Various stations include heavy bag, double end bag, speed bag, focus pads, light sparring drills and plyometrics. Classes are available to participants of all levels from beginner to existing Savate practitioners. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8504.301 Cedar Lane Rec Ctr 7-8 PM Th

## Shape Up Camp with Sara Schwab

8 classes starting Apr 11 / \$89

Have fun improving your fitness level, slimming down and toning up! This class keeps your heart rate up and increases your strength and stamina by combining running, weight training, obstacle courses and core training. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8201.301 Gary J Arthur Comm Ctr 6-7 PM Th

## Step & Sculpt! With Marianne Larkin, AAI

Course lengths, start dates and prices in next column

Enjoy an invigorating workout with this fun medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with turbo-charged combinations in the latest in step choreography. Knowledge of aerobic step terms is recommended. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Continue this total-body workout with about 20 minutes of strength, core and ab exercises using hand weights, medicine balls, stability balls and resistance bands (provided). Finish with an energized stretch. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

8 classes / \$42

RP8300.301 Gary J Arthur Comm Ctr Apr 13 8:30-9:45 AM Sa

16 classes / \$67

RP8300.302 Mt. View MS Apr 9 7-8 PM Tu & Th

6 classes / \$32

RP8300.401 Gary J Arthur Comm Ctr Jun 22 8:30-9:45 AM Sa

12 classes / \$50

RP8300.402 Mt. View MS Jun 18 7-8 PM Tu & Th

## NEW! Tabata Boot Camp

with Lori Nowicki, AAI, AFPA, ZUMBA

8 classes starting Apr 12 / \$39

Short on time but great results! This boot camp is based on the most effective high-intensity interval training (20 seconds on, 10 seconds rest). This program includes three types of Tabata for maximum results.

Burn 5x more calories after exercise. Our motto is more is not better, better is better! Workout can be modified.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8485.301 Cedar Lane Rec Ctr 9:30-10:15 AM F

## Trim & Tighten

12 or 16 classes, start dates and prices below

Toning and strengthening exercises for all muscle groups are set to music. Bring a mat; 2- to 5-lb. hand weights are optional. Instructors are nationally certified. Please consult a physician before beginning an exercise program. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

Jeanne Sealing, ACE-Certified / 16 classes / \$47

RP8210.301 Burleigh Manor MS Apr 8 6:30-7:25 PM M & W

RP8210.311 N Laurel Comm Ctr Apr 9 8:45-9:45 AM Tu & Th

Jeanne Sealing, ACE-Certified / 12 classes / \$35

RP8210.401 Cedar Lane Rec Ctr Jun 18 6:25-7:20 PM Tu & Th

Marianne Larkin, AAI-Certified / Mt. View MS

RP8210.302 16 classes Apr 9 6-6:55 PM Tu & Th \$47

RP8210.411 12 classes Jun 18 6-6:55 PM Tu & Th \$35

## Turbo Kick® with Celeste Jeudy

8 classes, start dates below / \$99

Turbo Kick® is the hottest kickboxing class around that produces astounding results! Kick, punch and groove away hundreds of calories in an action-packed, super-fun, safe and effective cardio workout. Turbo Kick® includes 45 minutes of aerobics and 15 minutes of conditioning. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8295.301 Misako Ballet Studio Apr 8 7:30-8:30 PM M

RP8295.401 Misako Ballet Studio Jun 17 7:30-8:30 PM M

## Turbo Tone with Robin Robinson, AFAA

8 or 16 classes, start dates and prices below

Accelerate your workout! Maximize your results and do it in half the time! Turbo Tone is a power-packed routine that sculpts and tones your muscles, reduces your body fat, melts inches and increases your strength. Want to keep exercising? Register for *Cardio Kickboxing*, which is right after this class! Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

N Laurel Comm Ctr

8 classes / 1 day per wk / \$19

RP8551.301 Apr 9 6-6:30 PM Tu or Th

RP8551.401 Jun 18 6-6:30 PM Tu or Th

16 classes / 2 days per wk / \$31

RP8551.302 Apr 9 6-6:30 PM Tu & Th

RP8551.402 Jun 18 6-6:30 PM Tu & Th

## Zumba!

8 or 16 classes, start dates and prices below

Let's face it, working out can be healthy, rewarding and beneficial but it may not always be fun . . . until now! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that blows you away. The routines feature interval training sessions that combine fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. All levels are welcome.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

8 classes / 1 day per wk / \$67 / Lisa Noorani, AFAA, Zumba

RP8430.301 Mt. View MS Apr 8 9:30-10:30 AM M or F

RP8430.401 Mt. View MS Jun 17 9:30-10:30 AM M or F

16 classes / 2 days per wk / \$120 / Lisa Noorani, AFAA, Zumba

RP8430.302 Mt. View MS Apr 8 9:30-10:30 AM M & F

RP8430.402 Mt. View MS Jun 17 9:30-10:30 AM M & F

16 classes / 2 days per wk / \$120 / Jan Smith, Zumba

RP8430.311 Mt. View MS Apr 8 6:30-7:30 PM M & W

16 classes / 2 days per wk / \$120 / Yazmin Rivera, Zumba

RP8430.312 N Laurel Comm Ctr Apr 8 6:20-7:20 PM M & W

## Zumba Gold! With Judi Hutton, AFAA

16 classes starting Apr 8 / \$93

Zumba Gold is a dance-inspired group fitness calorie burner with international rhythms designed for beginners of all ages or active older adults. No experience necessary. Experienced "Zumba-holics" can join the party too! Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8664.301 Roger Carter Rec Ctr 10:30-11:30 AM M & W



## Zumba with Shawna Graves

8 classes, start dates below / \$99

The Latin Cardio-Dance Fitness craze that dances to the pulsating rhythms of Reggaeton, Samba, Salsa, Afrobeat and more! We tone and burn calories at this weekly dance party!

Registration: 410-313-7275. Info Nicola Morgal, 410-313-4718.

### Shawna Graves

RP8360.301	Misako Ballet Studio	Apr 11	7-8 PM	Th
RP8360.401	Misako Ballet Studio	Jun 20	7-8 PM	Th
RP8360.302	N Laurel Comm Ctr	Apr 13	9:30-10:30 AM	Sa
RP8360.402	N Laurel Comm Ctr	Jun 22	9:30-10:30 AM	Sa

### Celeste Jeudy

RP8360.311	Misako Ballet Studio	Apr 13	8:30-9:30 AM	Sa
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## Health & Relaxation



## Hatha Yoga for Flexibility & Relaxation with Kris Copeman

8 classes, start dates below / \$72

Create a calm, peaceful awareness of both body and mind through the ancient art of Yoga. We practice classical Yoga postures and breathing techniques in a flowing style that integrates movement and breath. Prepare to lengthen, strengthen and relax. Beginning and ongoing students are welcome. Yoga mats/blocks provided.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8240.301	Kinetics Dance Theatre	Apr 11	9:45-10:45 AM	Th
RP8240.302	Kinetics Dance Theatre	Apr 11	8:30-9:30 PM	Th
RP8240.401	Kinetics Dance Theatre	Jun 20	8:30-9:30 PM	Th

## Introduction to Pilates with Christine Williams

8 classes starting Apr 13 / \$99

Stretch, strengthen and balance your body with a systematic practice of specific exercises and breathing patterns that connect your mind, body and spirit. This class is designed for the beginner to the advanced Pilates practitioner. Please bring a mat and wear comfortable shoes.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8155.301	Misako Ballet Studio	Apr 13	8:30-9:30 AM	Sa
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## Power Yoga Intermediate with Kris Copeman

8 classes starting Apr 11 / \$72

This class is an energizing, athletic way of practicing yoga postures that emphasizes strength, flexibility and stamina while calming mind and body. This fitness-based class is designed to build upper-body and core strength while increasing flexibility and reducing stress! Please note this is an intermediate class; prior yoga experience required. Yoga mats/blocks provided. Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8241.301	Kinetics Dance Theatre	11 AM-noon	Th
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## Revive, Relax and Renew with Yoga with Mary Garratt, NETA, RYT200

6 or 8 classes, start dates and prices below

Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active physical workout and a relaxing, meditative work-in. This class is for beginners or those who have some yoga experience. Explore and expand your own strength, flexibility, balance and focus. You leave each class feeling better than when you walked in.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

8 classes / \$70

RP8252.301	Gary J Arthur Comm Ctr	Apr 8	7-8 PM	M
RP8252.311	N Laurel Comm Ctr	Apr 8	9:30-10:30 AM	M
RP8252.302	Gary J Arthur Comm Ctr	Apr 10	5:45-6:45 PM	W

6 classes / \$52

RP8252.401	Gary J Arthur Comm Ctr	Jun 17	7-8 PM	M
RP8252.411	N Laurel Comm Ctr	Jun 17	9:30-10:30 AM	M
RP8252.402	Gary J Arthur Comm Ctr	Jun 19	5:45-6:45 PM	W

## Scoop Pilates II

with Lori Nowicki, AAAI, AFPA

12 or 16 classes, start dates and prices below

Pilates is the ultimate mind-body exercise program. This class is designed for the experienced Pilates exerciser but can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms and core; increase your flexibility; and reduce stress! Focus is on core, balance, breathing and alignment. Bring your own mat and ball.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

16 classes / \$133

RP8154.301	Cedar Lane Rec Ctr	Apr 9	9-10 AM	Tu & Th
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12 classes / \$99

RP8154.401	Cedar Lane Rec Ctr	Jun 18	9-10 AM	Tu & Th
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## NEW! Sunday Afternoon Yoga

with Mary Garratt, NETA, RYT200

8 classes starting Apr 14 / \$69

Ease your way from weekend to work week with yoga. This is an ideal class to refresh your body and calm your mind. Whether you are new to yoga or have previous experience, you benefit from an energizing physical workout and a soothing meditative work-in. Explore and expand your own strength, flexibility, balance and focus. You leave each class relaxed and ready to take on the week!

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8252.312	Gary J Arthur Comm Ctr	Apr 14	2-3 PM	Su
RP8252.412	Gary J Arthur Comm Ctr	Jun 23	2-3 PM	Su

## Tai Chi

### 10 wks, start dates below / \$77

Tai Chi offers a variety of health benefits, including joints stability, balance and coordination. It also improves mental focus, increases energy and releases stress.

Registration: 410-313-7275. Info: Pam Honaker, 410-313-1694.

RP8850.301	Beg	Dunloggin MS	Apr 10	7-8 PM	W
RP8850.302	Adv	Dunloggin MS	Apr 10	8:05-9:05 PM	W
RP8850.303	Beg	Murray Hill MS	Apr 11	7-8 PM	Th
RP8850.304	Adv	Murray Hill MS	Apr 11	8:05-9:05 PM	Th

## Therapeutic Massage

### 18 yrs + / ½ hr - \$35, 1 hr - \$60, 1½ hr - \$85,

#### Reflexology - \$45

Skilled gentle massage therapy can help you feel better physically, by easing pain and allowing the body to relax. Experience the benefits of Therapeutic Massage and Reflexology offered by Carol Lancaster, Licensed Massage Therapist. Information/Schedule appointment: 410-313-4840.

Gary J Arthur Comm Ctr 1-9 PM Tu

## Yoga for Total Wellness with Liz Rolland

### 5 or 8 classes, start dates and prices below

In recent years, studies have proven yoga to be a useful tool in reducing back pain, relieving anxiety, helping insomnia, increasing mobility and even assisting in weight loss! Yoga can help lift your derriere and your spirits! Yoga postures, simple movement sequences like Sun Salutation, breathing exercises and deep relaxation, sometimes called Yoga Nidra, are included. You do not need any previous yoga experience to attend. Please bring a thick yoga mat and a large beach towel to each class.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

#### 8 classes / \$96

RP8284.301	Mt. View MS	Apr 10	10:30-11:30 AM	W
RP8284.302	Gary J Arthur Comm Ctr	Apr 12	10:50-11:50 AM	F

#### 5 classes / \$60

RP8284.401	Gary J Arthur Comm Ctr	Jun 21	10:50-11:50 AM	F
RP8284.411	Roger Carter Comm Ctr	Jun 17	10:30-11:30 AM	M

## Adults (55 yrs +)

## Be Seated with Vickie Jacobs

### 55 yrs + / 16 classes starting Apr 9 / \$24

Use gentle movements while seated to increase your range of motion and build muscle strength. Registration: 410-313-7275.

Info/Fitness Waiver: Nicola Morgal, 410-313-4718 or [www.howardcountymd.gov/RecandParksForms.htm](http://www.howardcountymd.gov/RecandParksForms.htm).

RP8670.301 Roger Carter Comm Ctr 10:10-10:55 AM Tu & Th

## Circuit Weight Training for Seniors

### 55 yrs + / 16 classes, start dates below / \$75

Some studies indicate that weight training is essential to maintain health as people age. This class, designed for seniors, combines an aerobic workout with weight training on Keiser and Precor equipment. A fitness waiver must be completed prior to exercising. Registration: 410-313-7275.

Info/Fitness Waiver: Nicola Morgal, 410-313-4718 or [www.howardcountymd.gov/RecandParksForms.htm](http://www.howardcountymd.gov/RecandParksForms.htm).

#### Judi Hutton, AFAA

RP8667.301	Roger Carter Rec Ctr	Apr 8	3-4 PM	M & W
RP8667.401	Roger Carter Comm Ctr	Jun 17	3-4 PM	M & W

#### Vickie Jacobs, AAI, AFAA

RP8667.311	Roger Carter Rec Ctr	Apr 8	8-9 AM	M & W
RP8667.312	Roger Carter Rec Ctr	Jun 9	9-10 AM	Tu & Th
RP8667.411	Roger Carter Comm Ctr	Jun 17	8-9 AM	M & W
RP8667.412	Roger Carter Comm Ctr	Jun 18	9-10 AM	Tu & Th

## Exercise with Ease with Joyce DiTomaso

### 55 yrs + / 16 classes starting Apr 9 / \$40

This well-rounded hour of fitness for active seniors includes low-impact aerobics, stretching, muscle tone and strength activities aimed at improving endurance, body alignment, balance and proper breathing. Listen to upbeat music while learning simple choreographed moves.

Registration: 410-313-7275. Info: Nicola Morgal, 410-313-4718.

RP8060.301 E Columbia Lib 50 + Ctr 9-10 AM Tu & Th

## Fitness for Life

### with Lori Nowicki, AAI, AFPA

### 55 yrs + / 12 or 16 classes, start dates and prices below

We don't stop exercising because we get old; we get old because we stop exercising! This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. A fitness waiver must be completed prior to exercising. Registration: 410-313-7275.

Info/Fitness Waiver: Nicola Morgal, 410-313-4718 or [www.howardcountymd.gov/RecandParksForms.htm](http://www.howardcountymd.gov/RecandParksForms.htm).

#### 16 classes / 1.25 hr classes / Apr 8 / \$94

RP8666.301	N Laurel Comm Ctr	1-2:15 PM	M & W
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#### 12 classes / 1.25 hr classes / Jun 17 / \$71

RP8666.401	N Laurel Comm Ctr	1-2:15 PM	M & W
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#### 16 classes / 1 hr classes / Apr 9 / \$76

RP8666.302	Roger Carter Rec Ctr	12:15-1:15 PM	Tu & Th
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#### 12 classes / 1 hr classes / Jun 18 / \$57

RP8666.402	Roger Carter Comm Ctr	12:15-1:15 PM	Tu & Th
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#### 16 classes / 1.25 hr classes / Apr 9 / \$94

RP8666.303	Gary J Arthur Comm Ctr	10:30-11:45 AM	Tu & Th
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#### 12 classes / 1.25 hr classes / Jun 18 / \$71

RP8666.403	Gary J Arthur Comm Ctr	10:30-11:45 AM	Tu & Th
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## Fitness Fun

### 55 yrs + / 16 classes starting Apr 8 / \$32

Enjoy the music as you exercise at your own pace for fun, flexibility and fitness. Class includes stretching and low-impact exercise to build strength and improve overall health. Co-sponsored with Howard County General Hospital. Make check payable to "Howard County General Hospital." Give it to the instructor at the first class. Registration/Info: 410-740-7601.

Kiwanis-Wallas Hall 9:30-10:30 AM M & W